



## Safety Sense

April, 2020

### Protecting Yourself and you family from COVID– 19

#### How COVID-19 is Spread

1. COVID-19 spread is through sustained contact with someone who has the disease( is showing symptoms) or is about to get the disease. According to Dr. David Price a critical care pulmonologist (aka Lung Doctor) at Weil Hospital in New York City. “Sustained contact” likely means spending at least 15-30 minutes close to an infected person-touching them, touching the same surfaces ,or breathing the same air.
2. The COVID-19 spread is almost exclusively by touching your infected hands to your face i.e.. touching an infected surface and then touching your eyes, nose or mouth.

#### Protecting yourself and your Family

- 1.Keep your hands clean and always be aware of your hands and what they touching– especially in public. Touching things like elevator buttons, grocery carts, and door handles is ok as long as you have hand sanitizer and clean you **hands**

According to Dr. Price, the coronavirus takes advantage of this behavior. You can wear a surgical mask but it wont shield you from the virus directly, **but it will train you to stop touching your face.**

3. Social Distancing– Stay 3 to 6 feet away from people, do not hug or shake hands with someone because you do not know if they have been in contact with an infected surface. Keep your social circles small so that you are only interacting with people that are following the same hygiene procedures that you are. Again, you do not need to be scared of the outside world or live in a bubble just keep your hands clean, avoid close sustained contact with people and be smart.

Reference :CDC COVID Web Site

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#### COVID-19 PREVENTION



# Rollover

By DIRECCOTATE OF ASSESSMENTS AND PREVENTION

Perhaps the worst thing a soldier can hear in a vehicle during training is someone yelling, “ROLLOVER!” What usually follows is a blur of a few seconds where only gravity and momentum have control of everything left unsecured inside the vehicle—including its occupants.

The Army experienced a significant increase in rollover fatalities in FY19 compared to an average of four fatalities during the previous five years. These losses gained senior Army leaders’ interest. The U.S. Army Combat Readiness Center (USACRC) spent significant time studying vehicle mishaps/rollovers and reached some conclusions units can use to prevent these types of accidents going forward. First, Thought,

- Total Army on-duty vehicle fatalities have averaged 12 annually from FY 15 to FY 19.
- In FY 18, 12 Soldiers died in tactical vehicle mishaps.
- In FY 19, 13 Soldiers died in tactical vehicle mishaps.
- In the first quarter of FY 20, five Soldiers died in three tactical vehicle rollover mishaps.
- Total rollover mishaps have not increased: fatal rollovers have increased . Failure to use restraint systems is a common denominator for fatalities.
- There were no fatal injuries in rollovers attributed to crushing because of compromise of space inside the vehicle.

Studying the FY19 mishaps reveals that every fatal rollover in FY 19-20 has had at least five of the following contributing factors present:

- Failure to use available restraints and seatbelts
- Lack of route and terrain reconnaissance
- Inadequate mission –specific and crew rehearsals
- Failure to adhere to load plans
- Failure to identify hazards (water crossings,

Bridges, complex terrain etc.)

- Excessive speed while navigating corners
- Poor crew coordination
- Improper pre-combat checks and inspections
- Improper maintenance procedures (restraint systems)
- Limited Drivers experience
- Poor driver training programs
- Fatigue/poor rest plans

Every one of these issues can be addressed by leadership at the company level and below. Most of them are platoon and squad level corrections.

The Army is pursuing policy and training updates to decrease ground vehicle mishaps a short list of some of those efforts include AR 600-55, Army Driver and operator Standardization Program (SEP2019), which directs significant changes in driver and trainer certification and commander involvement. It also requires written and hands—on examinations.

The USACRC has a Lessons Learned webpage where you can review mishaps. They also have an excellent ground guide video to address the significant number of soldiers struck by tactical vehicles and they just fielded the (JRAT) Joint Risk Assessment Tool to provide commanders with automated support for their risk management efforts.

The Secretary of defense has stated that our goal for injuries and fatalities in training should be ZERO.



# Work Place Eye Wellness

Each day, over 2,000 Americans suffer an eye injury. This means that almost one million Americans have experienced some vision loss due to eye injury, which has resulted in more than \$300 million in lost work time, medical expenses and worker's compensation.

We usually think of work-related eye injuries as being isolated to outdoor jobs such as construction work, landscaping or maintenance shop operations. The most common eye problem is computer vision syndrome. While consistently being on your computer will not permanently damage your vision, it can make your eyes feel irritated and fatigued. There are some ways to prevent computer vision syndrome and keep your eyes feeling comfortable

1. **Reposition your screen.** Adjust your screen to be at a right angle away from any direct sunlight. Invest in an anti-glare screen for your monitor to make computer work gentler on your eyes.
2. **Remember the 20-20-20 rule.** This means that every 20 minutes, you should look at an object at least 20 feet away for 20 seconds.
3. **Don't forget to blink.** Place some kind of reminder or message that will remind you to regularly close your eyes to keep them from getting dried out
4. **Use artificial tears.** Over-the-counter eye drops can be extremely helpful in preventing dry eye and keeping your eyes comfortable
5. **Drink water.** Adequate hydration can make a big difference
6. **Schedule regular comprehensive eye exams.** Nothing can replace the importance of having an eye exam. If you have concerns about your vision or experience any changes with your eyesight, do not delay in making an appointment.



Eye Wellness Month: Protect Your Vision ...

To help prevent eye injuries at work or at home you can follow these other helpful tips:

1. Know the eye safety dangers at home or work, complete an eye hazard assessment.
2. Eliminate hazards before starting work. Use machine guarding, work screens, or other engineering controls.
3. Use proper eye protection such as non-prescription or prescription safety glasses, goggles, face shields, welding helmets, or full-face respirators.

